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Tuesday, January 5, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

## 'INDEPENDENCE' DEATH

Will Smith reads his character's obit online. 14

The lazy person's guide to keeping New Year's resolutions. 19

Jim Kenney sworn in as the 99th mayor of Philadelphia. 4-5

With more and more teams looking, are the Eagles an attractive coaching destination? 22-23

GETTY IMAGES

## TRUMP FIRST TV AD

1 Donald Trump on Monday released his first television commercial in the 2016 race for the White House with a 30-second spot highlighting his stance on Muslims, immigration and terrorism. The ad will air starting Tuesday in Iowa and New Hampshire, two key early voting states in the run-up to the party's nomination convention in July ahead of the November election. REUTERS

## OBAMA GUN CONTROL

2 President Barack Obama is igniting a political firestorm this week by bypassing Congress with new measures to tighten gun rules that are likely to redefine what it means to be a gun dealer and possibly spark legal challenges during his final year in office. Stymied by Congress' inaction on gun control, the president asked his advisers in recent months to examine new ways he could use his executive authority to tighten gun rules unilaterally without needing congressional approval after multiple mass shootings generated outrage nationwide. REUTERS

## CIVIL SUIT AGAINST VW

3 The Justice Department on Monday filed a civil suit against Volkswagen for allegedly violating the Clean Air Act by installing illegal devices to impair emission control systems in 600,000 vehicles. The allegations in the lawsuit carry penalties that could cost Volkswagen billions of dollars. REUTERS

## COLD START TO THE WEEK

7 Pedestrians bundled up in Center City as temperatures hovered around freezing Monday.

## 7 THINGS YOU NEED TO KNOW

MAIN PHOTO BY CHARLES MOSTOLLER, ALL OTHER PHOTOS BY GETTY IMAGES

## PIPE THEFT AND FLOODS

4 The theft of copper pipes from a vacant Frankford house has led to heavy flooding in three nearby homes. Police are investigating the theft on the 4600 block of Tacony Street, ABC reported. The thieves took pipes from the basement and also ripped down the ceiling in a bedroom and stole the pipes above it. JASON NUCKOLLS

## MASSACRE SITE REOPENS

5 The office building in San Bernardino, California, where 14 people were massacred last month by a married couple inspired by Islamist militants, reopened on Monday. Security would be heightened for the facility, which was closed in the aftermath of the Dec. 2 shooting, said Inland Regional Center Executive Director Lavinia Johnson. The property would remain fenced off, and guards at each entrance would continue to monitor security, Johnson said. REUTERS

## COPS INTERRUPT ROBBERY

6 Police interrupted an armed robbery in progress early Monday morning in North Philadelphia's Hunting Park area, CBS reports. The incident took place around 12:30 a.m. when an officer witnessed one suspect pulling out a gun and shooting another. The gunman has been arrested. MATT LEE

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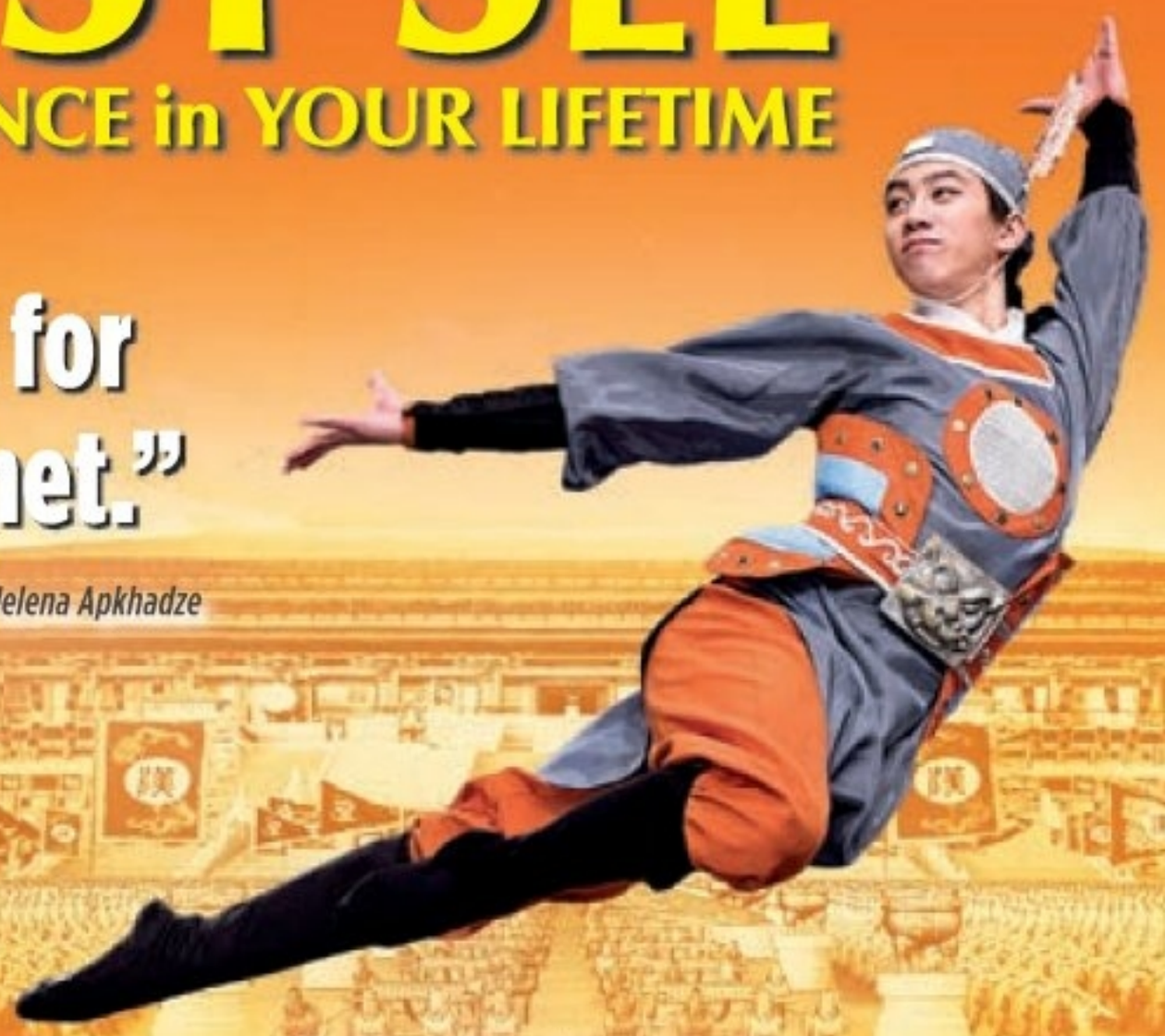

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# Kenney takes office

Philadelphia's 99th mayor, Jim Kenney, takes oath of office.

JENNY DEHUFF
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A kid born and raised in South Philly realized his boyhood dream when he took the oath of office as Philadelphia's 99th mayor Monday morning.

Jim Kenney was inaugurated inside a packed Academy of Music hall at Broad and Locust streets in Center City, sheltered from the bitter cold that had escaped Philadelphia for months prior to the New Year.

"Over the last year, we've articulated a lot of different ways that we believe our administration will serve the city — expanded pre-K, stronger neighborhood commercial corridors, community schools and community policing," said Kenney.

"While those policies cover a wide range of issues, they all come from one fundamental truth — government functions properly when its accessible and accountable to the people it serves."

Kenney, 57, was sworn in by a childhood friend, Kevin Dougherty, who was also sworn in the same day as a justice to the Pennsylvania Supreme Court.

"Kevin and his brother lived about a hundred yards from our home in South Philadelphia," Kenney said.

"He and his brother John [labor leader John Dougherty] — we did pretty good, didn't we, Kevin?" he quipped, looking over at [Kevin] Dougherty on the dais.

"God bless America," Kenney said, to raucous applause.

"I've known Jim since I was born," Dougherty said after the ceremony.

"It's been an incredible honor — not only to swear him in — but to call him a lifetime friend."

Kenney thanked his family for their support throughout the campaign.

> *"I look forward to working with you in years to come on many important things."*
> Kenney

"It was my parents' selflessness that led me to this stage … together they taught me you can never truly be happy unless you're in service to others," he said.

During his speech, the decades-long veteran of City Council was surrounded by his seated former colleagues, all of whom looked on with seemingly admiration of the white, Irish, blue-collar union-backed Democrat.

Kenney promised them — and City Council President Darrell Clarke — a relationship of harmony moving forward, something critics say was lacking of the prior administration with former Mayor Michael Nutter.

"I look forward to working with you in years to come on many important things. We will be partners in this endeavor," Kenney vowed.

After Kenney was introduced by Clarke, the two embraced and cameras snapped like lightning.

The new mayor said the first time he was ever in City Hall was when he went to City Council chambers to see his father — a firefighter — be there to get promoted within the fire department.

"So, that room has special meaning for me," he said.

"To all those Philadelphians who have

Philadelphia's new Mayor Jim Kenney, center CHARLES MOSTOLLER

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entrusted me with this great responsibility, thank you, thank you from the bottom of my heart," Kenney said upon closing.

"I promise to serve you, to be accountable to you and, most importantly, to listen and to work with you so that we, together as Philadelphians, can make every single neighborhood in Philadelphia the best that it can be. God bless you and lets get to work."

# City Council, other elected officials sworn in Monday

City elected officials — new and old — assumed their positions during Philadelphia's 2016 inauguration Monday morning.

A happy looking Darrell Clarke was sworn in once again as City Council President, and four fresh bodies were inaugurated to City Council at-large seats, including real estate mogul Allan Domb, lawyer Derek S. Green, and education advocate Helen Gym, all democrats, and Al Taubenberger, a Republican. Incumbents David Oh, a Republican, and Blondell Reynolds Brown and William K. Greenlee, both Democrats, remained.

"To my colleagues, some old friends and some new friends, it's an honor to continue serving the people of Philadelphia as president of Philadelphia City Council," Clarke said.

Clarke called the 16 people he's worked with in council the last four years the "best" in Philadelphia's history.

"Together, we've modernized property assessments, streamlined planning and development functions in a historic reinvention of municipal government, created the nation's largest land bank," and much more, he said.

Only one new district council member took the oath Monday — former state Rep. Cherelle Parker, who represented parts of North Philadelphia. She'll now represent Philadelphians from the 9th District, replacing Marian Tasco, who was ousted in the November election.

Politically embroiled Democrat Anthony Clark kept his seat as a city commissioner, and newcomer Lisa Deeley was sworn in as one as well, along with incumbent Al Schmidt. Sheriff Jewell Williams retained his post, and decades-long Register of Wills Donald Donatucci stayed on too.

Scores of others were retained and newly elected to offices of the judgeship of Philadelphia's Court of Common Pleas and to the city's municipal court. JENNY DEHUFF

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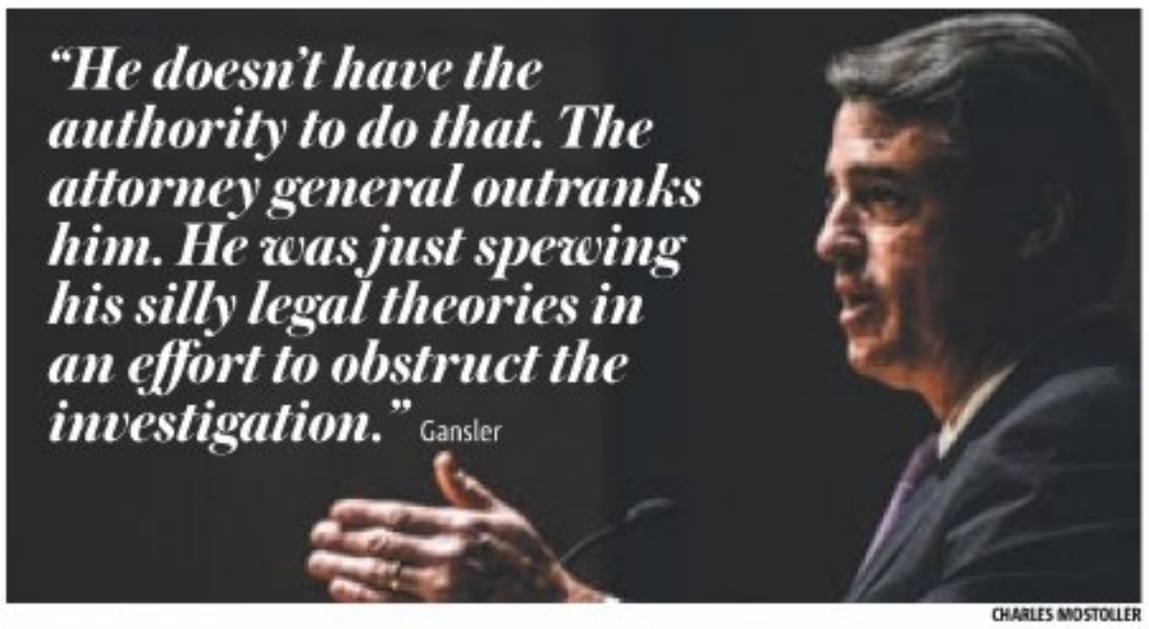
"He doesn't have the authority to do that. The attorney general outranks him. He was just spewing his silly legal theories in an effort to obstruct the investigation." Gansler

CHARLES MOSTOLLER

# Porngate prosecutor: Some at AG's office want emails back

A high-ranking official hired by Attorney General Kathleen Kane's predecessor may be trying to derail her efforts to air her office's dirty laundry, the special prosecutor in the case charged.

First Deputy Attorney General Bruce Beemer, who was hired by former acting AG Linda Kelly and is the highest-ranking official in Kane's office with a law license, told the special prosecutor appointed to investigate the Porngate scandal, Douglas Gansler, to return an encrypted hard drive with roughly one million emails just before the holidays, Gansler said.

"Mr. Beemer has been trying to undermine the investigation from the beginning," Gansler said. "To me, [it] begs the question of why he simply doesn't leave his position. I'm not going to speculate on whether he's tied to what the emails might divulge regarding his involvement."

The request gives a window into an apparent power struggle in the attorney general's office over the office's emails, as Beemer is refusing to sign a contract to pay Gansler until the emails are returned.

"He doesn't have the authority to do that," Gansler said. "The attorney general outranks him. He was just spewing his silly legal theories in an effort to obstruct the investigation."

Gansler, the former attorney general of Maryland, and his team of lawyers from D.C.-based law firm BuckleySandler are currently beginning an investigation into emails exchanged at the AG's office, Gansler said.

The team is using algorithm-based searches to ferret out any obscene or inappropriate content that may have been exchanged by state employees at the attorney general's office, he said.

The investigation follows Kane's release of hundreds of offensive emails sent and received by state employees in the scandal now known as "Porngate." She has claimed her discovery of these offensive emails led to a conspiracy to oust her from office — and appointed Gansler to investigate all emails to find out if even more prosecutors were involved.

Attorney general's office spokesman Chuck Ardo said the request to return the hard drive was made due to concerns that it is not legally appropriate for Gansler to review the office's emails, as they contain confidential information and legal communications.

"There is a whole panoply of protected material," Ardo said. "There continue to be questions because there is no executed contract between Mr. Gansler and the office, nor is he an employee of the office."

Kane doesn't agree that Gansler needs to return anything.

"Certainly, the attorney general believes she has all the authority she needs to appoint Mr. Gansler to his position," Ardo said.

In the meantime, the signing of a contract to ensure Gansler gets paid a $70 per day fee has been held up.

"The idea is that she [Kane] doesn't have any authority to appoint me or hire me to do a job," Gansler said. "He knows there's no possible legal theory under which we should return the emails. … That begs the question of what he [Beemer] is trying to hide from everybody. I'm not going to speculate on that."

Ardo denied that anything besides legal concerns motivated Beemer's request.

"Accusing the first deputy attorney general or any of the executive attorneys general of attempting to undermine the investigation is factually wrong," he said. "There is no attempt by the first deputy or the executive deputies to protect themselves. They are trying to protect the best interests of the office."

Beemer did not respond to a request for comment.

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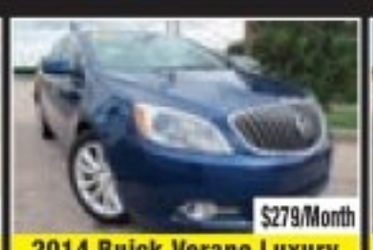

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# Cosby lawyers ask to delay Camille Cosby's deposition

Camille and Bill Cosby GETTY IMAGES

Cosby lawyers argued the intimate nature of the questions expected during the deposition justified a delay, noting that their ability to object to such evidence at trial would not spare their client embarrassment.

Lawyers for Bill Cosby and his wife, Camille, asked a federal judge on Monday to delay a deposition by her scheduled for Wednesday in a defamation lawsuit brought by seven women who allege the entertainer sexually abused them.

The lawyers said in papers filed in U.S. district court in Massachusetts that the sworn interview should be delayed pending an appeal on whether Camille Cosby could be required to testify at all.

On Dec. 31, a federal magistrate judge in Massachusetts rejected arguments by Camille Cosby, the comedian's wife of almost 52 years and his business manager, that the deposition would represent an "undue burden."

"The magistrate has suggested that the plaintiffs may ask Mrs. Cosby about the most intimate details of her marital life, including her husband's sexual 'proclivities,'" Camille Cosby's attorneys wrote.

The Dec. 31 ruling came a day after Cosby, 78, was charged with sexually assaulting a woman who prosecutors say the comedian plied with drugs and alcohol in 2004, the only criminal case filed against the entertainer.

More than 50 women have come forward to accuse Cosby, best known for his role in the 1980s television hit "The Cosby Show" of sexually assaulting them after plying them with drugs or alcohol. Cosby has repeatedly denied wrongdoing and many of the allegations involve decades-old incidents.

Cosby is free on $1 million bail, and his lawyer has said the entertainer is not guilty and will not consider a plea bargain.

The Massachusetts civil lawsuit against Cosby was filed in December 2014 by Tamara Green, later joined by six other women, who contend that Cosby sexually assaulted or abused and then defamed them by calling each a liar, court documents said.

*"A trial objection will do Mrs. Cosby little good if the private and intimate details of her marital life are discussed during deposition and released to the media thereafter."*

Cosby's attorneys wrote

Cosby last month countersued the women, claiming that they had defamed him by accusing him of sexual assault.

U.S. Magistrate Judge David Hennessy also rejected arguments by Camille Cosby that she lacked any first-hand knowledge of the events at issue, and that the court should protect her from "unnecessary harassment" by limiting the scope of the subpoena. REUTERS

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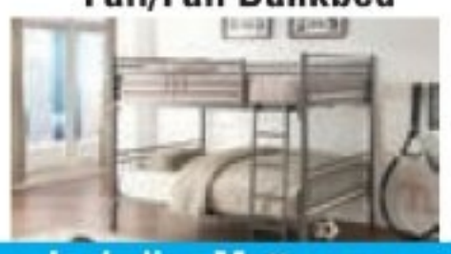

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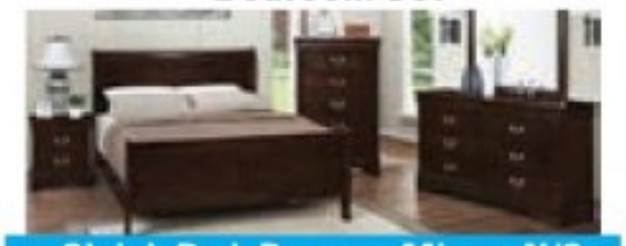

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# US takes 121 illegal immigrants into custody for deportation

U.S. authorities took 121 people into custody over the weekend, primarily in Texas, Georgia and North Carolina, as immigration authorities moved to deport families who entered the United States illegally after May 2014, officials said on Monday.

The so-called removals of adults and their children followed an increased rate of deportation of single adults to Central America since the summer of 2014, the Department of Homeland Security said.

"This should come as no surprise. I have said publicly for months that individuals who constitute enforcement priorities, including families and unaccompanied children, will be removed," Homeland Security Secretary Jeh Johnson said in a statement.

American officials are keen to avoid a repeat of the surge in unaccompanied children entering the United States in 2014, when tens of thousands of minors traveling without adults flooded across the southern U.S. border illegally.

*"What I can tell you more broadly, is that the enforcement priorities laid out by the administration are concentrating our efforts to deport felons, not families."*
White House spokesman Josh Earnest

U.S. authorities have cracked down on convicted criminals living illegally in the United States over the past year, a focus that prompted Republican members of Congress to complain that the threat of deportation has eased for other documented immigrants.

The White House would not comment on Monday on specifics of the weekend apprehensions by immigration authorities.

The apprehensions targeted adults and children who crossed the southern border illegally after May 1, 2014, DHS said. They had been ordered removed by an immigration court and exhausted legal remedies and claims for asylum, it said.

Most families will be taken to family residential centers before being put on flights to their home countries.

The American Civil Liberties Union (ACLU) condemned the actions and said the deportation policies were rigged against families. REUTERS

Traders work on the floor of the New York Stock Exchange On Monday in New York City. GETTY IMAGES

# Worst start to year for Dow since 2008

Also the worst starts for the S&P 500 and Nasdaq since 2001.

U.S. stocks began 2016 sharply lower on Monday, with the Dow marking its worst start to a year since 2008, after weak Chinese economic data fanned fears of a global slowdown.

Indexes partly recovered late in the session, following a turnaround in oil prices that caused energy shares to cut losses. At its low for the day, the Dow was down 467 points and was headed for its worst first-day percentage drop since 1932.

Surveys showed factory activity in the world's second-largest economy shrank sharply in December, sparking a 7-percent slide in Chinese shares that triggered a trading halt. Adding to investors' worries, China's central bank fixed the yuan at a 4½ year low, further weakening it against the dollar.

U.S. data sparked further concern as factory activity weakened unexpectedly in December, according to the Institute for Supply Management.

"There was the turmoil overnight overseas that kind of set the tone … [but] all of the negatives out there have been out there for a while," said Michael O'Rourke, chief market strategist at JonesTrading.

"The fact that we closed down on the year, the Fed tightened, it crystallized in investors' minds that we're not in the environment we were in throughout most of the recovery."

The selloff was widespread but not as deep as the slide caused by worries of a China-led global slowdown in August, when the Dow tumbled more than 1,000 points at one point.

Nasdaq led the day's decline and Amazon, down 5.8 percent at $636.99, weighed the most on the S&P 500 and Nasdaq, while the Nasdaq Biotech Index dropped 3.2 percent.

The Dow Jones industrial average closed down 276.09 points, or 1.58 percent, to 17,148.94, the S&P 500 lost 31.28 points, or 1.53 percent, to 2,012.66 and the Nasdaq Composite dropped 104.32 points, or 2.08 percent, to 4,903.09.

Both the S&P 500 and the Nasdaq had their worst starts to a year since 2001.

All 10 S&P sectors ended lower, but the energy index. SPNY was down the least, with a loss of just 0.2 percent.

Crude oil ended a volatile session down slightly following concern about Middle East tensions, but Brent turned higher late. REUTERS

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# Britain denounces an Islamic State video showing 'spies' shot

The video, which could not be independently verified, also shows the killing of five men accused of spying for Britain.

A masked man points a weapon as he speaks in this video still from a handout video obtained on Jan. 4, 2016, from a social media website which has not been independently verified. SOCIAL MEDIA VIDEO

An Islamic State video showing a young boy in military fatigues and an older masked militant who both spoke with British accents is "desperate" propaganda from an organization that is losing ground, Prime Minister David Cameron said on Monday.

The masked man threatens Cameron and vows that Islamic State will one day occupy Britain before shooting one of the alleged spies in the head.

The footage revived memories of "Jihadi John," a British Islamic State member who appeared in several videos in which hostages were killed before his own death was reported in an airstrike late last year.

"It's desperate stuff from an organization that really does do the most utterly despicable and ghastly acts, and people can see that

*"This is a message to David Cameron, O slave of the White House, O mule of the Jews."*

The man in the video

again today," Cameron told reporters.

"This is an organization that's losing territory, it's losing ground ... Britain will never be cowed by this sort of terrorism, our values are so much stronger than theirs. It may take a very long time but they will be defeated."

In the latest fighting in Iraq, Islamic State has largely been pushed out of the city of Ramadi, its biggest prize of last year.

The United States said in November it had killed Mohammed Emwazi, who as "Jihadi John" had become a symbol of Islamic State. The voice and appearance of the masked militant shown in the new video was different from Emwazi, but he spoke in a clear English accent, waving a gun at the camera while criticizing Cameron.

"How strange it is that a leader of a small island threatens us with a handful of planes. One would have thought you'd have learned the lessons of your pathetic master in Washington and his failed campaign against the Islamic State," the man said. REUTERS

## BRIEFS

**Georgia governor withdraws order to refuse Syrian refugees**

Georgia Gov. Nathan Deal on Monday rescinded his executive order seeking to stop the resettlement of Syrian refugees in his state after the state's attorney general ruled he did not have the authority to deny them entry or federally funded benefits.

Deal, a Republican, had been among more than two dozen U.S. governors who sought to block refugees from the war-torn country from their states after the Nov. 13 attacks in Paris, for which the Islamic State militant group claimed credit. Many Republican presidential candidates have also expressed opposition to allowing Syrian refugees into the United States.

Deal cited an opinion last week by Georgia Attorney General Samuel Olens, also a Republican, in his new order withdrawing his instructions to state agencies to halt involvement in accepting Syrian refugees for resettlement.

Olens had ruled that Georgia did not have the authority to exclude refugees from particular countries, despite concerns about the federal government's security screening procedures. REUTERS

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# Microsoft's latest operating system on 200M devices

Microsoft Corporate Vice President Panos Panay introduces the Microsoft Surface Pro 4 tablet. GETTY IMAGES

Microsoft's latest operating system, Windows 10, is running on 200 million devices in what the company said was the fastest adoption rate of any of its operating systems.

Windows 10, which the company released as a free download in July, powers both personal computers and devices such as phones. It replaced Windows 8, the heavily criticized system dating from 2012.

Just over two months ago, Chief Executive Officer Satya Nadella said 110 million devices were running Windows 10, meaning the system is now on almost double the number of phones and PCs compared to before the holiday season.

"I would characterize this as white hot adoption out of the gate," said Daniel Ives, an analyst at FBR Capital Markets, who has an "outperform" rating on the stock.

Much of the growth comes from retail consumers, with devices such as Microsoft's Xbox gaming console helping drive adoption of Windows 10, the company said. Xbox's busiest day to date was Dec. 28, it added.

But the ultimate success of Windows 10 will be judged by the take-up rate among businesses. About three-quarters of Microsoft's enterprise customers are testing Windows 10, the company said.

Microsoft also needs more mobile developers to build apps for Windows 10 to help catch up with players like Apple and its popular iPhone and iPad devices. It reported some progress in that area Monday, citing more visits to its Windows Store for apps such as video service Netflix and music service Pandora. REUTERS

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# Leonardo DiCaprio is back on the market

It looks like Leonardo DiCaprio will be walking the Awards Season red carpets solo this year, as he has reportedly called it quits with Sports Illustrated model Kelly Rohrbach after about six months of dating. And while you might be eager to dub this the first big breakup of 2016, not so fast, according to Us Weekly. "They've been broken up for over a month," a source says. "It was mutual. They both have intense work schedules and a lot going on in their lives right now. They both needed to take a break because of that. They are still friends and talking, but it's over." If it's over, I'm not exactly clear on exactly what they have to talk about, but sure, whatever. But wait, you're saying, weren't they supposedly engaged? That's what I thought, too, but I guess not? It looks like Hollywood's reigning perpetual bachelor is back to his old ways.

ALL PHOTOS GETTY IMAGES

# Gwen and Blake celebrate first pregnancy rumor

Gwen Stefani and Blake Shelton have hit another big milestone in their tabloid-friendly romance: the unsubstantiated pregnancy rumor. And which publication is the generous provider of this big news? None other than Star magazine. The tabloid reports that Stefani and Shelton spent the Christmas holidays with a bit of extra cheer due to a bun supposedly in the No Doubt singer's oven just a few months into their relationship. But just because they could be ready to start a family, that doesn't mean they'll be tying the knot anytime soon — at least if Shelton has a say in it. "Gwen is hoping for a wedding, but Blake's not ready," a source warns. One milestone at a time, right?

# the word

NED EHRBAR
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# Will Smith reads his 'Independence Day' character's obit

It's probably not a surprise at this point that Will Smith isn't in the "Independence Day" sequel, "Independence Day: Resurgance," since Smith and director Roland Emmerich couldn't make an appearance by his character from the 1996 blockbuster work out. But the way they dispatched the heroic Stephen Hiller is just plain mean. "I was working on 'Suicide Squad' during that time," Smith tells Yahoo Movies. "The trailer looks really cool. I'm going to be sitting around with tears in my eyes when that one comes out. [But] it was terrible when I found out my character died." What he's referring to is a simple, tossed-off obituary for Hiller on one of the new film's promotional sites. That's cold, marketing department. Really cold.

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# Breaking up with Brandy

Dorian Missick plays at divorce drama in the new comedy "Zoe Ever After."

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Missick GETTY IMAGES

Actor Dorian Missick spent several years policing the streets of L.A. on "Southland," but even that might not have prepared him for his latest role as a dueling ex-husband with Brandy on "Zoe Ever After," about a mother and her famous boxer ex-husband who have different views of how their divorce should go.

**What did you think of this show when they first pitched it to you?**
When I first thought about it, the thing that attracted me to it was that Brandy was doing it. I wanted to work with her. I've been a fan of hers for a while, so that was the first reason why I even read it. And I'd been actively looking for a comedy project after "Southland." I mean, "Southland" was so heavy, the stuff we handled on that show. I mean, myself and Regina [King] were kind of the comic relief at times on that show to kind of make up for the heaviness, but I wanted to take it further and do a full-on comedy.

**It's a comedy, but it does have its moments of seriousness.**
Yeah, yeah. Which is another reason why I wanted to do it, because it's not just a "three lines, tell a joke, three lines, tell a joke" kind of format that you get a lot of times with sitcoms. I like the fact that you kind of explore all aspects. You can go through every emotion through an episode of "Zoe," and that part was exciting. It's kind of a throwback to the sitcoms that I grew up watching, like "Cheers" or "The Cosby Show," that kind of thing where they were comedic, but they also dealt with the issues of the day and dealt with them in a way that they weren't beating you over the head.

Brandy and Dorian Missick try to make it work in "Zoe Ever After." BET

**What do you think of the idea of starting this couple off so contentious?**
[Laughs] I was concerned in the beginning, like, "Where are we going to go with this?" But anybody who's ever been through a big, heavy breakup, it's very rarely clean. I mean, this is a couple that's been together for 20 years, and they have a child together. You know it's not just going to be a clean break. It's about watching a couple work through the pain.

**Which can be a challenge to make funny.**
Yeah, which is why I wanted to do it. Anytime you read something and you think, "How the hell are they going to do this?" that's usually the one you want to jump on board. Because if you can predict it before you even read it, to me as an actor, it's not really worth doing.

## Leading lady

**What was it like working with Brandy?**
We had to do a screen test together, and two seconds in, I knew this was going to be the job. I could kind of tell. She came out to the lobby, and we talked before we went in and did the scene in front of the network and stuff, and we hit it off at hello, essentially. We walked into the room and the energy changed. Everybody was so excited to do the scene, and that energy continued out through the entire shoot.

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# Start the year off right with this easy, healthy meal

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Recipe

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**Stuffed Honeynut Squash with Feta, Spinach and Walnuts**

*We can't get enough of the honeynut squash's tiny curves. Think of them as a butternut squash on flavor-steroids: they pack about 10 times the sweetness and squash flavor as their bigger cousins, but fit in the palm of your hand so they're easy to work with. Stuffed with quinoa, feta, spinach and walnuts, they make a hearty and satisfying vegetarian dinner. Cook, relax and enjoy!*

*Cooking time: 35 minutes*
*Attributes: vegetarian (gluten-free)*
*Nutritional Info (per portion): 620 kcal; 38.5g fat; 20.4g protein; 43.2g carbs*
*Allergens: tree nuts, milk*

**What we send**
- 2 honeynut squash (10–14 oz each)
- 3 oz quinoa
- 2 oz walnuts
- ½ bunch flat leaf spinach (5 oz)
- 2 oz feta
- 1 Tbsp red wine vinegar (2 packets)

**What you need**
- olive oil
- coarse salt
- freshly ground black pepper

**Equipment**
- rimmed baking sheet
- medium saucepan

**Directions:**

**1 Roast squash**
Preheat oven to 450°F. Halve squash lengthwise, scoop out seeds and place on a rimmed baking sheet. Drizzle squash with 1 tablespoon oil and season with salt and pepper. Roast cut-side down until beginning to soften, 15 minutes.

**2 Cook quinoa**
Meanwhile, rinse quinoa in a fine-mesh sieve. Place in a medium pot with a pinch salt and ⅔ cup water. Bring to a simmer, cover and cook until water is absorbed and quinoa is tender, about 15 minutes. Let stand, covered, 5 minutes.

**3 Toast walnuts**
Add walnuts to baking sheet with squash and continue to roast until squash is tender when pierced with a sharp knife and walnuts are toasted, 5–10 minutes more. Turn squash cut-side up and roughly chop walnuts.

**4 Prep spinach**
Trim tough ends from spinach; wash well and spin dry. Roughly chop spinach and place in a large bowl.

**5 Make filling**
Crumble feta and add to spinach along with quinoa and chopped walnuts. Add 1 tablespoon vinegar, 2 tablespoons oil and season with salt and pepper.

**6 Finish squash**
Carefully mound filling into and on top of squash and return to oven (it's OK if some spills onto baking sheet). Bake until top is lightly golden, about 5 minutes. Enjoy!

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# Meet the real hero of 'Concussion'

The man Will Smith plays in the new football drama may be even more charismatic than Will Smith.

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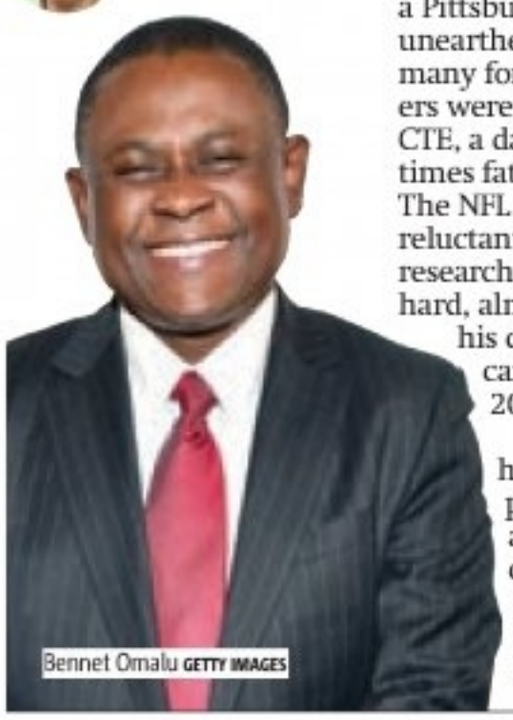

Bennet Omalu GETTY IMAGES

Will Smith isn't the one who steals the show at the press conference for "Concussion," the actor's new football-themed drama. It's Bennet Omalu, the man he played. Omalu is a pathologist from Nigeria who, while stationed in a Pittsburgh hospital, unearthed findings that many former NFL players were succumbing to CTE, a dangerous, sometimes fatal brain disease. The NFL was predictably reluctant to accept his research and battled him hard, almost destroying his career, and only came around in 2009.

Despite the hardships in the past, Omalu is a force of life, causing Smith to sit back in awe as he speaks. Here is some of what Omalu said:

**On seeing "Concussion" for the first time:**
Omalu watched it with his wife, Prema (played in the film by Gugu Mbatha-Raw), and was initially starstruck. "But as the movie went on," Omalu recalls, "I don't know what happened to me, but it was like a transformation. I totally lost myself in the moment. I was now embedded in what I was seeing on the screen. That's a testament to the job he did. It made me yet again proud to be part of the American family. An immigrant hungers to be part of the story called America. This is what is to be American."

**On meeting Will Smith:**
Omalu says he was terrified to meet the star, even as the director, Peter Landesman, was assuring him he was just a normal human being. Smith watched him perform an autopsy, then they all went for lunch. Smith asked to ride in the car with Omalu, to Omalu's shock. He found someone who was very humble. "He was asking me very personal questions," Omalu remembers. "And I was answering them with perfect sincerity. He captured me in my natural state. When we got to the restaurant we stayed in the car for 30 minutes. He stole my heart away from me, to be honest."

Bennet Omalu, center, poses with Will Smith, who plays him in "Concussion," and the film's director, Peter Landesman. COLUMBIA PICTURES

**What he learned from Smith:**
"He told me two things," Omalu recalls. "He said, 'Whatever happens, don't stop what you're doing. This is who you are. This is what you're best at." The other thing Smith told him was to remain humble. "What could be more American than that? This is a story of one American family. We are one love. We are one hope. We are one spirit. We are bound together by the bond of peace. This is what this movie is about."

**What the movie says about football:**
"When you look at it, it's not about football. It's not anti-football," Omalu says. "In fact I think the movie is for football. Football is part of the American experience. I walked out of the movie feeling very proud I was an American. The movie simply summarizes what it is to be American. Will Smith has said it is only in America that you could have a Will Smith. And it is only in America you could have a Bennet Omalu."

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# Alejandro Gonzalez Inarritu is not a madman

The Oscar-winning director braved the elements for the survival tale "The Revenant."

RICHARD PECKETT
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Director Alejandro Gonzalez Inarritu is seen on the set of "The Revenant," in theaters Friday, with star Leonardo DiCaprio. TWENTIETH CENTURY FOX

Recently word spread, thanks to the Drudge Report, that the new Leonardo DiCaprio movie featured the actor being raped by a bear. It wasn't true. But at least the director of the film in question — Alejandro Gonzalez Inarritu, whose latest is "The Revenant" — found that funny. Inarritu won an Oscar earlier this year for "Birdman," which he filmed shortly before the nearly year-long shoot of "The Revenant." The film finds DiCaprio as an 18th-century fur trapper who gets left for dead after a near-fatal bear attack then struggles through the wilderness back to civilization.

**There's been a lot of gossip surrounding Leonardo DiCaprio and the bear. What's your opinion of all the hype and rumors?**

[Laughs] All that gossip is hilarious and part of the culture we are living in. It makes me laugh, but it has a very pathetic side. It's sad that the world feeds off all this nonsense when actually there is much more important news to be covered.

**A number of cast members left the production citing that it was a "living hell." You were described as a "madman." Would you agree?**

No, I'm not a madman.

**How would you describe yourself?**

I'm a little cuckoo but not mad. You have to be a little crazy to be a filmmaker — you need craziness.

**The film shows the conflict between the Pawnee and fur trappers. Are you keen to reignite the debate about the U.S.'s treatment of Native Americans?**

I think more than anything it's about how the interaction between these blind and ignorant men, who are driven only by profit, kill every tree and animal to extract all the natural resources. Through their actions, they give so much pain to the communities at that time. It's a reflection of what we are still doing.

GETTY IMAGES

## Talking Trump

**Some of the Republican rhetoric in the U.S., in particular from Donald Trump, who proposes to build a wall along the U.S.-Mexico border, is causing uproar and division at the moment.**

When you plant these seeds of hate and express those intoxicated words, you create a lot of pain in the people who are consuming them and cause the message to spread. That's how WWII started. It's how radical leaders have indoctrinated the masses, and that is the most dangerous and irresponsible thing.

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# Tools to keep your New Year's resolutions on track

Make this the year you actually make it happen.

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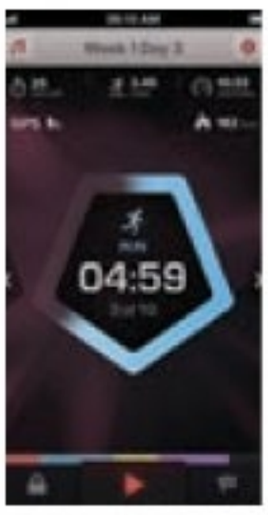
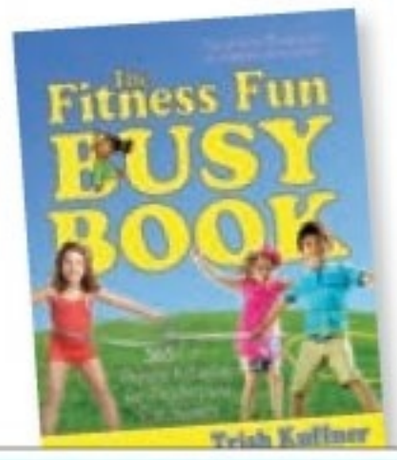
ALL PHOTOS PROVIDED

If you spent Jan. 1 hungover while simultaneously vowing to be healthier in 2016, we hear you. New Year's resolutions often get a bad rap, but the thing is, you can actually see your goals through — if you come up with a plan. Here, we break down five popular resolutions and the secret weapons that will help turn them into a reality.




**Resolution:** Run a marathon
**Tool:** Marathon & Half Marathon Trainer Pro
**Price:** 99 cents
Making a resolution to run a marathon is ambitious for anyone, whether it's your first or your 10th. The key is sticking to a training schedule. There are a few different training apps on the market, but Marathon & Half Marathon Trainer Pro is the most extensive — and it only costs 99 cents. First, use the app to set your goal: anything from a 3K to a full marathon. Then, it creates a calendar, coaching you on how far to run each training day. It can also tell you what your pace should be to meet a specific finishing-time goal and includes ways to recharge so you don't overdo it. This app really does plan it all out. The rest is up to you.

**Resolution:** Cook more healthful meals
**Tool:** Services like Blue Apron food delivery subscription
**Price:** $9.99 per person per meal




It can be easy to get into the habit of Seamless-ing dinner every night or heating up a ready-made meal — often full of preservatives. Blue Apron makes the resolution of cooking more healthfully easy by having the fresh ingredients and step-by-step recipes delivered straight to your door. If you have specific food requests, such as vegetarian or gluten-free, you can get have your meal plans tweaked.

**Resolution:** Be more active as a family
**Tool:** "The Fitness Fun Busy Book" by Trish Kuffner, Amazon.com
**Price:** $11
Getting the whole family moving will not only keep everyone healthier, but also is a way to get some good quality time together. But it can be tricky to keep coming up with ideas, which is where this book comes in. It includes 365 fun physical activities, both indoor and outdoor, taking into account the seasons.

**Resolution:** Get more sleep
**Tool:** Peaceful Progression Wakeup Clock, Hammacher.com
**Price:** $79.95
If you want to have a well-rested year, the first step is to cut back on any factors that could be interfering, such as caffeine or alcohol intake. Another sleep killer: snoozing next to your smartphone. Not only are the alerts disruptive, but the screen emits the same wavelengths as daylight. The Peaceful Progressive Wakeup Clock uses sound, scent and sight to give you the best sleep ever. If you need a smoothing soundtrack, it has several to choose from. It also emits different aromatherapy scents: At night, lavender will calm your senses, while in the morning, citrus will start to energize you. The clock's light echoes a rising sun. It really pulls out all the stops.

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# 5 Health trends we should leave in 2015

From waist training to the belly button challenge, we say good riddance to these unhealthy fads.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

A lot of awesome health trends took over in 2015: rowing classes, morning workout raves, zombie runs…But there were just as many fitness fails as successes. Here, we round up five trends that totally took over last year, but need to be gone. For good.

## 1 Searching for the next #ThighGap

There's fitspiration and then there's faux fitspiration, something that passes itself off as healthy but really isn't. In 2015, the thigh gap craze finally died down, but only because it was the gateway to a slew of other unhealthy measurements of what a "perfect body" is. Thighbrows (a set of folds located at the top of the thighs, separating them from the butt), bikini bridge (the space between your bikini bottoms and hip bones when you lie down) and hot dog legs (photos of slim, tan legs) all took over Instagram this year. And they are all inaccurate, distorted barometers of what is healthy and what isn't.

SHOWMEBONESANA/INSTAGRAM

## 2 Waist training

Kim Kardashian, Jessica Alba and Lily James have all endorsed waist training — wearing a corset to get a slimmer figure — but the centuries-old tradition is not an ideal way to get your strongest, best body. Waist training doesn't actually help anyone lose weight or shed fat; it only hides it. And some doctors have said that compressing the lower intestine can cause pulmonary problems and gastrointestinal issues. Not cute.

Kim Kardashian Instagrams her waist training efforts. KIM KARDASHIAN/INSTAGRAM

## 3 21 Day Fix

According to Google, the 21 Day Fix was the third most popular health search of 2015. The package, created by fitness trainer Autumn Calabrese, costs $73 and promises to transform your body in 21 days using premeasured food and 30-minute workout videos. Having a plan is great, but a "fix" isn't going to lead to long-term success. Feeling confident in the long run requires forming healthy habits you can keep for a lifetime, not 21 days.

21 Day Fix was 2015's most Googled health trend. 21 DAY FIX/FACEBOOK

## 4 A bigger booty at any cost

Doing some squats to make your butt perkier and more toned is all well and good, but you can't will yourself to have a backside as bountiful as Iggy Azalea's or Jennifer Lopez's. The American Society of Plastic Surgeons reports that butt augmentation is one of the fastest growing surgical procedures, with many people getting illegal injections to cut costs from the $4,500 price tag. But the risks outweigh the rewards. There is little data on the injuries, but CBS reports amputations and deaths directly resulting in butt augmentation surgeries are on the rise.

J. Lo and Iggy Azalea spread the big booty love./GETTY IMAGES

## 5 #BellyButtonChallege

Social media can be a great tool for staying motivated to workout. Getting likes for working out can pump you up. But when something like the belly button challenge (a photo of reaching around your back and touching your belly button) takes over, it promotes an unhealthy idea of body image that can destroy one's confidence. Thinspiration should never be a trend.

Not healthy. At all. GRIGIRL/INSTAGRAM

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# Keeping Shurmur could sway Bradford

The Eagles soon-to-be free agent says he enjoyed playing for Pat Shurmur again in Sunday's win.

EVAN MACY
@evan_macy
evan.macy@metro.us

Sam Bradford has gone 175 for 258 (67.8 percent) for 1,959 yards and 10 touchdowns over the Eagles' last seven games, good for a 99.1 rating. Projected over an entire season, Bradford would have had one of the best seasons in Birds' history.

He's been on the same page with Eagles receivers of late, has made some very impressive throws and has done a good job of eliminating unforced errors.

"We have a quarterback that's extremely smart. We trust him," Eagles interim head coach Pat Shurmur said.

Bradford set team records this season in both completions (346) and completion percentage (65.0%), while finishing with the fourth-highest single-season passing yardage total (3,725).

Bradford, who threw for 320 yards and two touchdowns in a Sunday win over the New York Giants, realizes this improvement and is proud of it.

"The longer I was out there, the more comfortable I became," Bradford said Sunday. "I think it just took a little longer than I had hoped to get to that level. Earlier in the season I just missed some throws I am not accustomed to missing, but after the bye everything slowed down, and I played the way I knew I could play."

With his contract now expiring, the Eagles are without a head coach and starting quarterback. So what would it take to get Bradford to return?

Maybe retaining Shurmur cold do the trick.

"The quarterback-head coach relationship is extremely important in any organization," Bradford said when asked if Shurmur would be a carrot to convince him to return for 2016. "Given the history I have with Pat, we were together my rookie year [in St. Louis] and were reunited this year, I think it would mean a lot to me. I really enjoyed playing for him today. If he is a candidate I hope he has serious consideration."

The feeling is mutual, as Shurmur explained how thoroughly impressed he is with Bradford, who has returned to form after two knee surgeries.

"What you're seeing from Sam the last part of this year is more of what he is," Shurmur said. "When you have two season-ending injuries, those are big time car wrecks, it doesn't come easy. He had to learn a new system, he had to get comfortable with everything, the guys he was throwing to and the new opponents."

Sam Bradford will be one of the best, if not the best, free agents available at quarterback this spring. GETTY IMAGES

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# Matthews says loss of Maclin hurt development

In his final three games, Matthews had 19 catches for 317 yards (and 4 TD). GETTY IMAGES

Among the many mistakes former Eagles head coach Chip Kelly made, not being able to re-sign Jeremy Maclin was one of them.

While there is some blurriness over exactly what happened last offseason that lead Maclin, the Birds' leading receiver in 2014, to reunite with Andy Reid in Kansas City, one thing is certain: The Eagles missed him.

"Look from the first game to now. I struggled out there," Jordan Matthews said Sunday after a 35-30 win over the Giants to end the 2015 season. "I wasn't playing my best but I got a lot better. Even going into this year, losing Maclin, that was a serious blow. You don't want to make excuses, but that really affected us.

Matthews has had a stellar pair of seasons with the Eagles after being drafted in the second round last season. He had 85 receptions this season, tied for the fourth-highest single-season total in team history.

Imagine if he had a little help during his sophomore year.

"You can even look over at Green Bay," the wideout said. "They have one of the best offenses in the league, but you cant tell me Randall Cobb wasn't affected when Jordy Nelson went out. It goes hand in hand. When that happened, being thrust into that position, there were some growing pains, some discomfort. My mentality throughout the season, it's time to make that step and be the No. 1 receiver for this team."

Matthews was just three yards shy Sunday of eclipsing 1,000 yards on the year, a milestone for receivers in the NFL. It only makes the big slot-receiver (who will likely move outside next season) more motivated.

"Everybody is asking me about 1,000 yards," Matthews said. "I think it's fitting I ended the season that close. It makes me even more hungry going into the offseason." EVAN MACY

# MACNOW:

Black Monday began early in the NFL. After Chip Kelly was fired by Eagles owner Jeff Lurie last Tuesday, other coaches got the ax before they could even change into civvies after Sunday's games. Mike Pettine in Cleveland. Jim Tomsula in San Francisco. Tom Coughlin stepped down in New York.

There will be more, certainly, by the time you read this article. By midweek, expect between eight to 10 head coaching vacancies.

Given the small field of competent candidates, this is not welcome news for the Eagles. The more franchises to fight over the few elite choices, the tougher it gets for Lurie to snag his first choice.

So if Sean Payton leaves New Orleans, he'll get his pick of most available jobs. Stanford coach David Shaw will evaluate multiple offers if he decides to go pro.

Given that reality, how attractive are the Eagles? Let's do a checklist of pluses and minuses, based on what coaches will be looking at:

**GLEN MACNOW**

*OPINION*

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

## Ownership

You may be frustrated by Lurie for valid reasons. But the Eagles' owner spends money (Lurie gave Chip Kelly everything he wanted), and doesn't meddle like, say, Jerry Jones. He is a positive.

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| Theresa R Ruffin-3115 | Linda Ball-2238 | Ivan Irby-0100 | William Freeman-0163 |
| Theresa Ruffin-3115 | Nyamah Makor-2234 | Ivan C Irby-0100 | Tara Hunter-4101 |
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| Shelleyann Neal-3047 | Chelsey Brandon-2156 | Barbara Martin-0073 | Elizabeth Foley-2275 |
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| Suton Nunley 394 | Carlious Green 639 | Askia Johnson 335 |
| Agnes Doe 429 | Francine Nunley 66 | Darryl Jones 315 |
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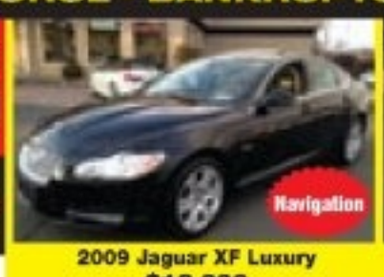

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# HOW APPEALING IS EAGLES JOB?

## Football brain trust

The resurrection of Howie Roseman to executive poobah could be problematic. Some coaches want no influence on personnel, or don't have the résumé to demand it. But most do. Sean Payton controls the roster in New Orleans and would likely want the same here. It would be tough to sell him on the "collaborative" plan Lurie laid out last week.

## Market and fan base

No coach wants to be stationed at a remote outpost where people don't care about your product and the games never make it onto prime time. Rough as our reputation may be, coaches appreciate the passion Eagles fans exude.

## Facilities

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## Opportunity to win fast

Rarely does a coach get to step into a ready-made contender, as Jon Gruden once did in Tampa. The core of talent here is subpar, but that's no different for other teams seeking coaches. The Eagles are strapped by future cap commitments — thanks to Kelly signing guys like Byron Maxwell and DeMarco Murray to outlandish contracts. That won't help.

## Quarterback

I left the best for last. Every coach knows he wins and loses based on QB. So Tennessee, with young Marcus Mariota, grows attractive. Cleveland, with . . . well, who wants to go to Cleveland anyway?

*I don't know what the future is going to be with a new offense or whatnot, but I will do my best."*

Eagles running back DeMarco Murray, on welcoming a new head coach next season

The No. 1 factor for the next guy may be whether he believes Sam Bradford can drive this car to a title. Why would Lurie want to hire a coach eager to ditch Bradford and restart with Mark Sanchez and a rookie?

More than anything, that's what this comes down to. You may or may not be sold on Bradford after his strong finish. The next coach? He's going to have to believe that in the right offense, Sam can take the Eagles all the way.

The Eagles will play under their third coach in four years when a new one is hired this offseason. GETTY IMAGES

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Docket No. HS15A0041CW
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The Trial Court – Probate and Family Court

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Hampshire Probate and Family Court
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Michael J Carey
Register of Probate

Date: November 24, 2015

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# metro.us/games

## fill-ins

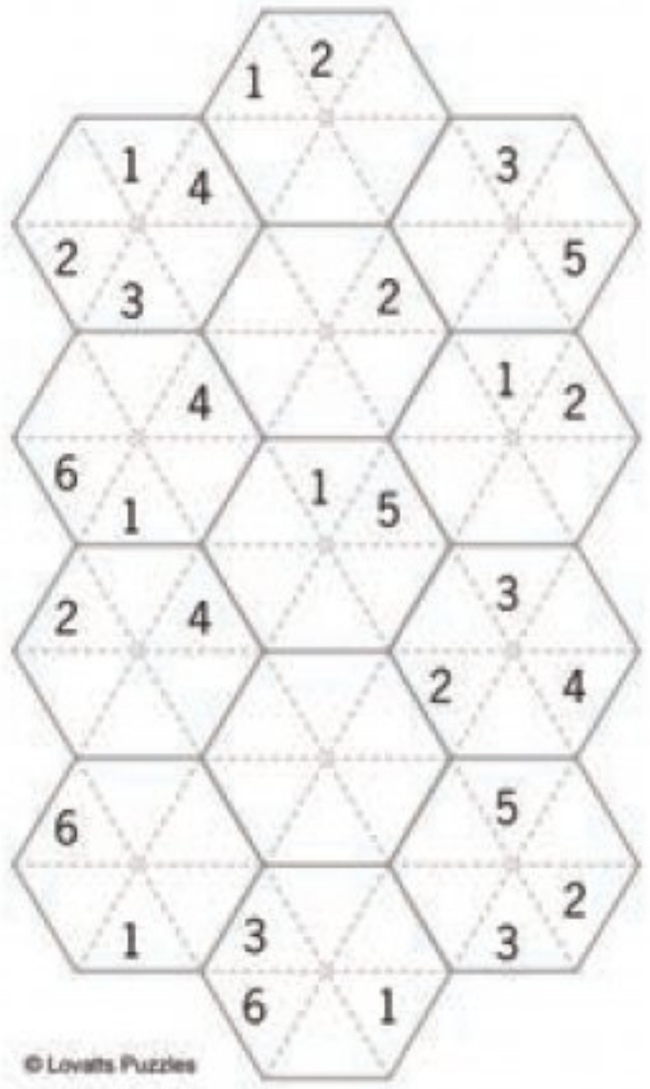
Place all the words listed into the grid. Each word can be used once only. The first word has been filled in.

**5 Letters**
Adage
Alarm
Alien
Capes
Cards
Croak
Dread
Heard
Hitch
Hovel
Howls
Hymns
Intro
Looks
Maims
Motel
Motto
Mumps
Order
Ovary
Panda
Purer
Revue
Rinse
Smell
Snail
Steed
Stole
Swore
Tango
Venom
Weave

**7 Letters**
Ganders
Guarded
Nowhere
Outlive

## hexoku

Fit the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same. No number is repeated in any hexagon.

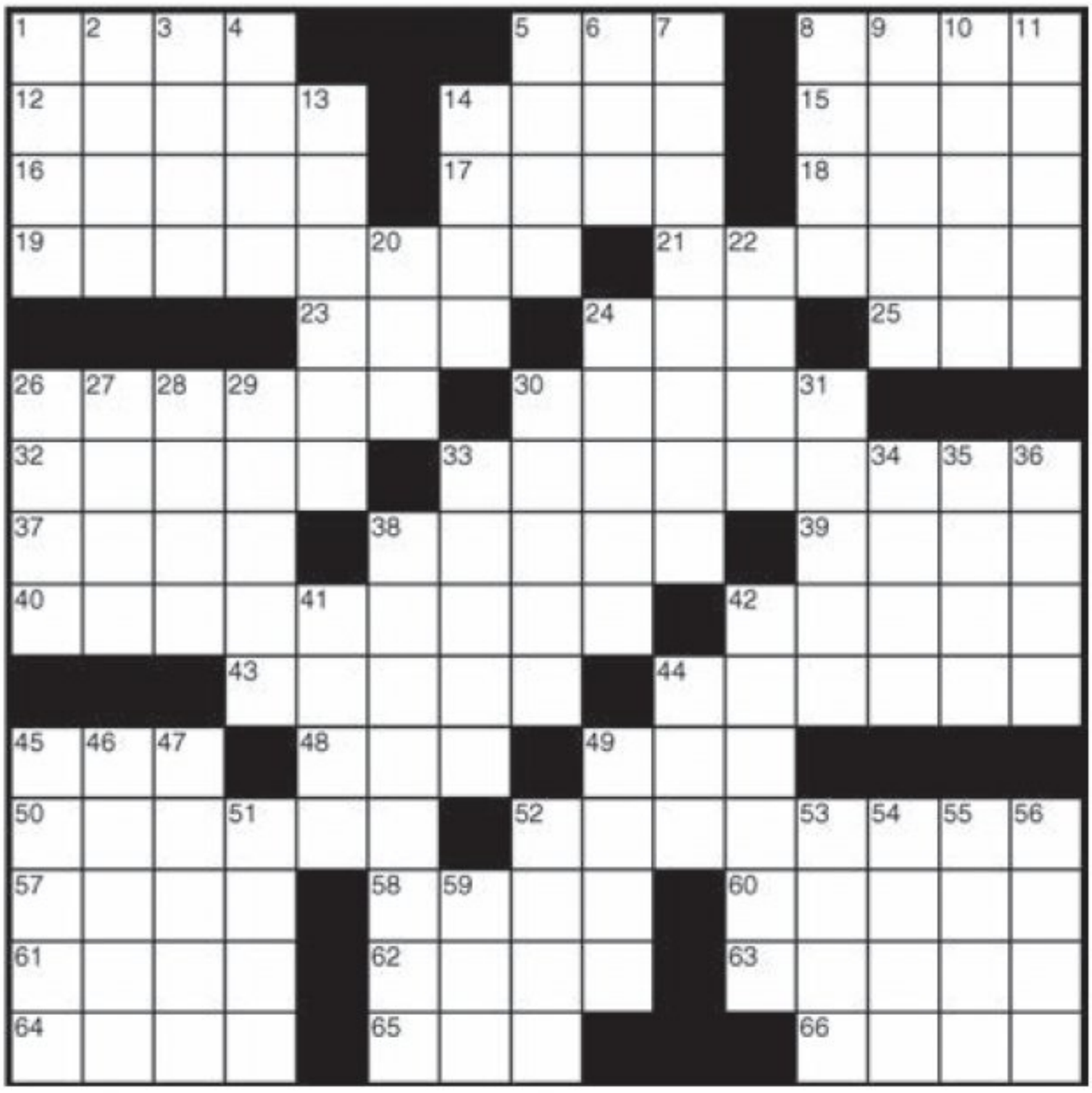



# metro.us/crossword

**Across**
1 Miniature-golf shot
5 Flying mammal
8 Tool with jaws
12 Make oneself heard
14 Calf-length
15 In charge of
16 Ventricle neighbor
17 Trolley
18 Loughlin or Petty
19 Ten cubed
21 Surface
23 QB objectives
24 Draft order
25 Toady's reply
26 Sunglasses
30 Country's Patsy —
32 Metered cars
33 Stranger in the night? (2 wds.)
37 Old masters
38 Debonair
39 — and the Belmonts
40 Cliff
42 Stuck around
43 Art class wear
44 Prepares cutlets
45 Ms. Farrow
48 Puffin kin
49 "— Hot Ta Trot"
50 Like Don Juan
52 More grouchy
57 Whodunit suspect
58 — fixe
60 Diadem
61 By and by
62 Agrees silently
63 Degas or Cayce
64 — -majeste
65 Right, to Dobbin
66 Capsule, maybe

**Down**
1 Jr.'s exam
2 Oops! (hyph.)
3 Corrida sight
4 Ballet costume
5 Goose or loon
6 Tooth care gp.
7 History book item
8 Meadow rodent
9 Piano key
10 Suit material
11 Iroquoians
13 Tries a bite
14 Natural elevs.
20 Pitches
22 Knit, sometimes
24 Still in the game
26 Grind to a halt
27 Bad — day
28 Grease gun target
29 Deejay's platters
30 Rattle
31 Arsenio's buddy
33 GM car
34 Verdi opus
35 Having digits
36 Calls it quits
38 Erupting
41 "— — Old Cowhand"
42 Eyre's creator
44 Jungle crusher
45 Taj —
46 Castle that danced
47 Amigo's farewell
49 Very, to Yvette
51 Sea eagle
52 Yield, as territory
53 Notorious pirate
54 Othello's betrayer
55 Gaslight and Big Band
56 Uncommon
59 Forest grazer

FOR THE ANSWERS TO TODAY'S PUZZLES, **metro.us/games**



# games

## metro.us/horoscopes

**Aries** Call in favors, set up meetings with people you have worked with in the past and present what you have to offer with confidence.

**Taurus** Make a contribution to a cause and speak up about your concerns. Helping something you believe in will raise your confidence.

**Gemini** If you aren't happy with what's happening in your life or the direction you are heading in, do something about it.

**Cancer** Share your thoughts and feelings with someone you want to spend more time with. You'll gain interest as well as worthwhile suggestions.

**Leo** Don't falter when it comes to making your New Year's resolutions a reality. Step up if you want to be one step closer to living your life your way.

**Virgo** You'll face problems at home if you cannot come to an agreement with someone you share responsibilities with. Express your feelings.

**Libra** Don't make assumptions or sign up to take on unrealistic responsibilities. You have to be realistic and have enough time for your personal needs.

**Scorpio** Listen to what others have to offer, but don't underestimate what you are worth. Negotiate fiercely and be prepared to walk away.

**Sagittarius** Too much of anything will lead to problems. Live within your means and don't overreact if someone doesn't do things your way.

**Capricorn** An investment will prove to be worthwhile. Professional changes will help you expand your interests and raise your standard of living.

**Aquarius** Emotional manipulation will lead to arguments. Concentrate on yourself and being the best you can be, not on what others are up to.

**Pisces** Refuse to let what others think cause you to second-guess your goals. Gravitate toward the people who want to collaborate. EUGENIA LAST

## metro.us/sudoku

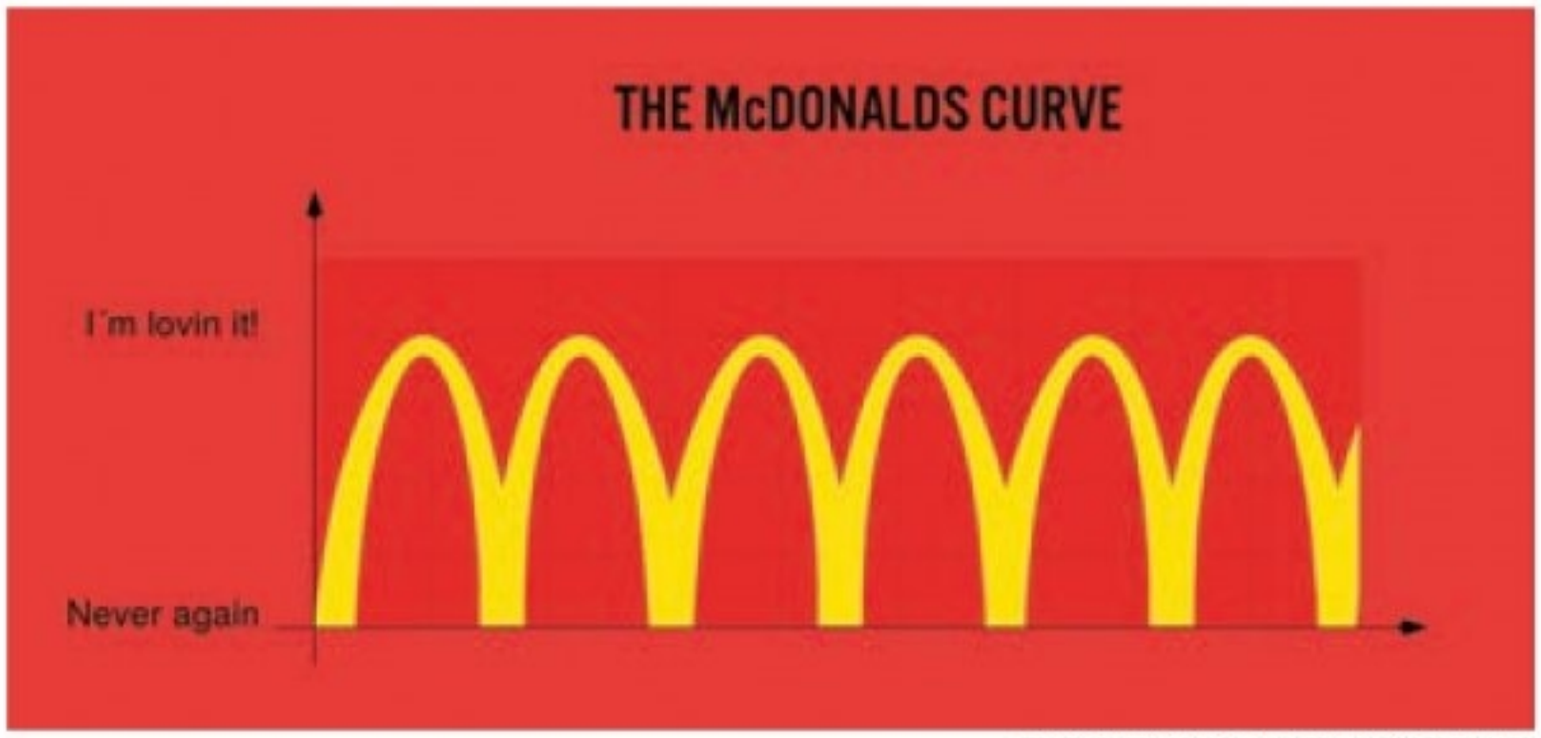
**easy**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 8 | | 1 | | | 5 | | 6 |
| 2 | | | 5 | 3 | 9 | | | |
| | | | | | | | 2 | |
| 5 | 2 | 1 | | | | | | |
| | 6 | 8 | | | | 4 | 5 | |
| | | | | | | 6 | 1 | 8 |
| | 1 | | | | | | | |
| | | | 9 | 8 | 6 | | | 3 |
| 6 | | 9 | | | 7 | | 4 | 5 |

**hard**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 2 | | 5 | | 9 | | | 6 |
| | | | | | 4 | | | 2 |
| 4 | 3 | | | 1 | | | 5 | |
| 2 | | 8 | | 5 | 1 | | | |
| | | | | | | | | |
| | | | 8 | 9 | | 6 | | 3 |
| | 8 | | | 4 | | | 3 | 1 |
| 5 | | | 9 | | | | | |
| 3 | | | 1 | | 5 | | 6 | 9 |

## metro.us/truthfacts

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## metro.us/quiz

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